**USMC PT – SPRING 2019**

**\*Subject to change with inclement weather, hikes, or specialized PTs from CAPT and GySgt\***

**January**

***21JAN2019 – 25JAN2019***

**Thursday – Initial PFT/PRT**

***28JAN2019 – 01FEB2019***

**Thursday – USMC PT (Weighted Mile Repeats)**

**UNIFORM**: Green on Green

**EQUIPMENT**: Assault Packs (20–30 lbs.)

**WARM-UP:** Whatever PTDO deems necessary.

**WORKOUT**: As many mile repeats that time allows (3-4)

After 1st mile repeat: 4-count Push-Ups(15), 50 Crunches, 4-count Air Squats (20)

After 2nd mile repeat: 4-count Mountain Climbers(15), 4-count Flutter Kicks (20), 4-count Russian Twists (15)

After 3rd mile repeat: 10 Burpees w/Push-Up, 4-count Push-Ups (15), single count Leg Lifts (15)

After 4th mile repeat: Push-Ups until Burnout, Squat until Burnout

**Cooldown:** Whatever PTDO deems necessary.

**Friday – USMC PT (Field PT)**

**\*PT will take place along the road connecting big parking lots at Hobart Taylor (by pull-up bars).**

**UNIFORM**: Boots and Utes (if allowed) alt. Green on Green

**EQUIPMENT (APTO, PTDO, MIDN Santos)**: 1 Log, 3 Ammo Cans, 6 Kettle Bells - 3 (20lbs), 3 (30lbs), cones

**WARM-UP:** Whatever PTDO deems necessary.

**Workout:** 3 MIDN per group, alternating stations(5 mins each)

Laps around big parking lot (adjacent from muster parking lot)

Abs Station: Any variation of abs; Russian twists, crunches, planks, etc…

Ammo Can Presses

Kettle Bells (30 LBS.): Goblet Squats

Kettle Bells (20lbs.): One Arm Bent Over Rows (15 reps on each side until time is up)

Lunges w/ Log

**COOLDOWN**: Whatever PTDO deems necessary.

**February**

***04FEB2019 – 09FEB2019***

**Tuesday – USMC PT (Sprint Workout)** \*same as NAVY

**UNIFORM:** Green on Green

**EQUPIMENT:** N/A

**WARM-UP:** Whatever PTDO deems necessary.

**WORKOUT:**

|  |  |  |  |
| --- | --- | --- | --- |
| Sets | Distance | Rest | Instructions |
| 10 | 40-meter sprint  @95% | Walk back to start. | Rest at set 5 for 3 mins. 4-min rest after 10. |
| 3 | 400 meter sprint | 3-min rest between each. | Sprint as fast as possible |
| 4 | 100 meter strides | Walk back to start | Easy Strides. Rest 3 mins. |
| 50 | 4 count jumping jacks | None. | Regular 4 count jumping jacks. |
| As time allows | Shuttle Run – Down and back between light posts twice. | 2 min. | Continue till time is up or is close to being up. |

**COOLDOWN:** Whatever PTDO deems necessary.

**Thursday – USMC PT (Field PT)**

**UNIFORM:** Boots and Utes (if allowed), alt. Green on Green

**EQUIPMENT (APTO, PTDO, MIDN Powell):** 3 Ammo Cans, 4 Kettle Bells 2(30lbs.) 2(20lbs.), Pull-Up Bars

**WARM-UP:** Whatever PTDO deems necessary

**WORKOUT:** Groups of 3 MIDN, alternating stations (5 mins each)

Ammo Can Lifts

Kettle Bells: One-Arm Press (12 reps on each side until time is up)

Pull-Ups: Pyramid (8 reps, 6 reps, 4 reps). Max set (STRICT, w/ or w/o resistance band)

Sprints: Sprinting distance to be determined that morning.

Push-Ups

**COOLDOWN:** Whatever PTDO deems necessary

***11FEB2019 – 15FEB2019***

**Tuesday – USMC PT (Log Run w/ Stations)**

**UNIFORM:** Green on Green

**EQUIPMENT (APTO, PTDO):** 2 Logs (1 per squad)

**WARM-UP:** Whatever PTDO deems necessary

**WORKOUT:** Mile repeats w/log (2-3). Start/End point is Hobart Taylor.

Squad Leaders will lead their squad in whatever workout they desire. SL has to keep track of time. Workout between each mile repeat is to last 5 minutes.

**COOLDOWN:** Whatever PTDO deems necessary

**Thursday – USMC PT (Field PT)**

**UNIFORM:** Boots and Utes (if allowed), alt. Green on Green

**EQUIPMENT( APTO, PTDO, MIDN Limbrik):** 2 Ammo Cans, 4 Kettle Bells 2(30lbs.) 2(20lbs.), cones

**WARM-UP:** Whatever PTDO deems necessary

**WORKOUT:** 3 MIDN per group. Alternating stations (5mins each).

Ammo Can Run: Relay dashes w/ammo cans. MIDN will pass off ammo cans after running certain distance. Distance will be determined that morning.

Ab Station: Group leader to determine ab exercises

Kettlebell Station: Single-arm squat to press (12reps each side until time is up)

Burpees

Push-Ups

**COOLDOWN:** Whatever PTDO deems necessary

***18FEB2019 – 22FEB2019***

**Thursday – USMC PT (Campus Loop w/Stations)**

**UNIFORM:** Green on Green

**EQUIPMENT:** N/A

**WARM-UP:** Whatever PTDO deems necessary

**WORKOUT:** Campus loop (no weight) w/ stations at traditional stops (Juvenile Justice Building, Electrical Engineering, etc…). Stations/Workouts to be determined by MIDN at each stop.

**COOLDOWN:** Whatever PTDO deems necessary

**Friday – USMC PT (Field PT)**

**UNIFORM:** Green on Green

**EQUIPMENT:** Assault Packs (20lbs.), Pull-Up Bars

**WARM-UP:** Whatever PTDO deems necessary

**WORKOUT:** “Murph” in buddy pairs. Workout will be split between both MIDN.

1 Mile Run (Mile Repeat)

100 Pull-Ups (50 each w/ or w/o resistance band)

100 Push-Ups (50 each)

300 Squats (150 each, single count)

1 Mile Run (Mile Repeat)

**COOLDOWN:** Whatever PTDO deems necessary

***25FEB2019 – 01MAR2019***

**Thursday – Mid PFT/PRT**

**March**

***04MAR2019 – 08MAR2019***

**Tuesday – USMC PT (Field PT)**

**UNIFORM:** Boots and Utes (if allowed), alt. Green on Green

**EQUIPMENT (APTO, PTDO, MIDN Franco):** Tire, Sledgehammer, 2 Logs, 3 Ammo Cans

**WARM-UP:** Whatever PTDO deems necessary

**WORKOUT:** 3 MIDN per group. Alternating stations (5mins each)

Ammo Can Presses

Sledgehammer and Tire: Each MIDN will take turns, 10 reps until time is up. MIDN waiting their turn will hold a plank position.

Log Flips: MIDN will move as one and take turns flipping log down field.

Lunges w/ Log: 3 MIDN on log, lunging down field

Sprints

**COOLDOWN:** Whatever PTDO deems necessary

***11MAR2019 – 15MAR2019***

**SPRING BREAK**

***18MAR2019 – 22MAR2019***

**Tuesday – USMC PT (Sprint Workout)** \*same as NAVY

**UNIFORM:** Green on Green

**EQUIPMENT:** N/A

**WARM-UP:** Whatever PTDO deems necessary

**WORKOUT:**

|  |  |  |  |
| --- | --- | --- | --- |
| Sets | Distance | Rest | Instructions |
| 10 | 40-meter sprint  @95% | Walk back to start. | Rest at set 5 for 3 mins. 4-min rest after 10. |
| 3 | 400 meter sprint | 3-min rest between each. | Sprint as fast as possible |
| 4 | 100 meter strides | Walk back to start | Easy Strides. Rest 3 mins. |
| 50 | 4 count jumping jacks | None. | Regular 4 count jumping jacks. |
| As time allows | Shuttle Run – Down and back between light posts twice. | 2 min. | Continue till time is up or is close to being up. |

**COOLDOWN:** Whatever PTDO deems necessary

**Thursday – USMC PT (Field PT)**

**\*This PT is to be scheduled by Marine Ops for whatever they come up with together. If MIDN cannot plan a PT, Field PT from week “28FEB2019 – 01JAN2019” will substitute.**

**UNIFORM:** Boots and Utes (if allowed) alt. Green on Green

**EQUIPMENT (APTO, PTDO, MIDN Nguyen):** TBA

**WARM-UP:** Whatever PTDO deems necessary

**WORKOUT:** TBA

**COOLDOWN:** Whatever PTDO deems necessary

***25MAR2019 – 29MAR2019***

**Tuesday – USMC PT (Weighted Mile Repeats)**

**UNIFORM**: Green on Green

**EQUIPMENT**: Assault Packs (20–30 lbs.)

**WARM-UP:** Whatever PTDO deems necessary.

**WORKOUT**: As many mile repeats that time allows (3-4)

After 1st mile repeat: 4-count Push-Ups(15), 50 Crunches, 4-count Air Squats (20)

After 2nd mile repeat: 4-count Mountain Climbers(15), 4-count Flutter Kicks (20), 4-count Russian Twists (15)

After 3rd mile repeat: 10 Burpees w/Push-Up, 4-count Push-Ups (15), single count Leg Lifts (15)

After 4th mile repeat: Push-Ups until Burnout, Squat until Burnout

**Cooldown:** Whatever PTDO deems necessary.

**Thursday – USMC PT (Mock PFT)**

**UNIFORM:** Green on Green

**EQUIPMENT (APTO, PTDO):** Pull-Up Bars, Stopwatch

**WARM-UP:** Whatever PTDO deems necessary

**WORKOUT:** PFT

Pull-Ups, 2 mins timed Push-Ups

2 mins timed Crunches

3 mile run

**COOLDOWN:** Whatever PTDO deems necessary

**APRIL**

***01APR2019 – 05APR2019***

**Tuesday – USM PT (Sprint Workout)**

**UNIFORM:** Green on Green

**EQUIPMENT:** N/A

**WARM-UP:** Whatever PTDO deems necessary

**WORKOUT:**

|  |  |  |  |
| --- | --- | --- | --- |
| Sets | Distance | Rest | Instructions |
| 10 | 40-meter sprint  @95% | Walk back to start. | Rest at set 5 for 3 mins. 4-min rest after 10. |
| 3 | 400 meter sprint | 3-min rest between each. | Sprint as fast as possible |
| 4 | 100 meter strides | Walk back to start | Easy Strides. Rest 3 mins. |
| 50 | 4 count jumping jacks | None. | Regular 4 count jumping jacks. |
| As time allows | Shuttle Run – Down and back between light posts twice. | 2 min. | Continue till time is up or is close to being up. |

**COOLDOWN:** Whatever PTDO deems necessary

**Thursday – USMC PT (Field PT)**

**\*LAST PT OF THE SEMESTER. This PT is to be scheduled by Marine Ops for whatever they come up with together. If MIDN cannot plan a PT, PTDO will substitute whatever workout they deem suitable.**

**UNIFORM:** Boots and Utes (if allowed), alt. Green on Green

**EQUIPMENT (APTO, PTDO, MIDN Pausel):** TBA

**WARM-UP:** Whatever PTDO deems necessary

**WORKOUT:** TBA

**OOLDOWN:** Whatever PTDO deems necessary